



City of Lauderdale

Parks and Recreation Department



AFTER SCHOOL PROGRAMS

NAILED IT. CREATIVELY YOU AFTER SCHOOL PROGRAM

MARIE A. WELLS ART AFTER SCHOOL PROGRAM

SUNSHINE SMILING FACES

IN HIS HANDS ENRICHMENT

WINDERMERE DROP-IN PROGRAM

ONLY THE BEGINNING AFTER SCHOOL PROGRAM

HARMONY DEVELOPMENT AFTER SCHOOL PROGRAM



WE CAN'T WAIT TO SEE YOU THIS SCHOOL YEAR!

lauderhill-fl.gov/rec



The City of Lauderhill will provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990. If a special accommodation or alternative format is needed, please call 943-730-3090.



CITY OF LAUDERHILL

After-School Programs Guide





After-School Programs

NAILED IT DIY CREATIVELY YOU

Description: Creative arts after school program consisting of homework assistance, music, DIY activities, outside play, and pick up services. *Transportation available for an additional fee.*

Ages: 7 - 14

Hours: Monday - Friday 2:00PM - 6:00PM
 Location: Veterans Park - 7600 NW 50th St,
 Lauderhill, FL 33351
 Phone: (561) 809-7850
 Price: \$109 Weekly

MARIE A. WELLS

Description: Arts afterschool program where children learn about fine arts through STEM, drawing & painting, music, drama, homework assistance and more.

Ages: 5 - 12

Hours: Monday - Friday 2:00PM - 6:00PM
 Location: John Mullin Park - 2000 NW 55th
 Ave, Lauderhill, FL 33313
 Phone: (954) 609-8035

Price: Registration fee: \$50 plus \$60 Weekly

SUNSHINE SMILING FACES

Description: Aftercare program providing fun and creative learning activities which include indoor activities, outdoor games, homework assistance and more.

Ages: K - 6th Grade

Hours: Monday - Friday 2:00PM - 6:00PM
 Location: St. George Park - 3501 NW 8th
 St, Lauderhill, FL 33311
 Phone: (954) 281-4116
 Price: \$80 Weekly

IN HIS HANDS ENRICHMENT

Description: Homework assistance, mentoring, sports, and recreation. Hands-on science activities, arts & crafts and more. *Transportation available for an additional fee.*

Ages: 5 - 12

Hours: Monday - Friday 2:00PM - 6:00PM
 Location: Sadkin Community Center - 1176
 NW 42nd Way, Lauderhill, FL 33313
 Phone: (954) 327-1572
 Price: \$125 Weekly

WINDERMERE DROP-IN

Description: After school community drop-in program consisting of homework assistance, arts and crafts, sports, STEM activities, and more.

Ages: 5 - 12

Hours: Monday - Friday 2:00PM - 6:00PM
 Location: Windermere Community Center -
 1818 NW 54th Terrace
 Lauderhill, FL 33313
 Phone: (954) 714-3238
 Price: FREE for Lauderhill residents

HARMONY DEVELOPMENT

Description: After-school program for middle school students including STEM activities, academics, tutoring, fitness, mentorship, performing arts, field trips and more.

Ages: Middle School

Hours: 2:00PM - 6:00PM
 Location: West Ken Lark Park - 1321 NW 33rd
 Ave, Lauderhill, FL 33311
 Phone: (954) 766-4483
 Price: FREE

ONLY THE BEGINNING

Description: After-school program where academics and sports meet. Activities include soccer, flag football, lacrosse, baseball, swimming, fencing classes, STEAM projects, SAT Prep, Free Play and more.

Transportation available for an additional fee.

Ages: 5 - 14

Hours: Monday - Friday 2:00PM - 6:00PM
 Location: TBA
 Phone: (954) 789-6141
 Price: \$85 Weekly



❖ After School Programs

MARIE A. WELLS - YOUTH ARTS & EDUCATION

Our organization is dedicated to providing a comprehensive Arts and Education & Youth Enrichment Program that prepares students for success in their future endeavors.



MARIE A. WELLS
ARTS & EDUCATION CENTER INC.

Out-of-School Youth ARTS Program

- Monday -Thursday: 2:00pm - 6:00pm
- Saturday: Keyboard Class: 12:30pm - 1:30pm
- Ages: 5 years old - 15 years old

- ✓ Mondays: Drawing & Painting Sessions
- ✓ Tuesdays: Drama & Acting
- ✓ Wednesdays: STEM & STEAM
- ✓ Thursdays: Music (Instruments & Vocal)
- ✓ Saturdays: Keyboard Class



College Ready Program

ACT & SAT Prep

- Saturdays: 11:00pm - 2:00pm
- Grades: 10th - 12th
- Math: 11:00am - 12:00pm
- Grammar & Writing: 1:00pm - 2:00pm

Program Location:

John E. Mullin Park & The
Lauderhill Aquatic Center



GENERAL SUMMER CAMPS

NAILED IT SUMMER CAMP

MARIE A. WELLS ART SUMMER CAMP

SUNSHINE SMILING FACES SUMMER CAMP

IN HIS HANDS SUMMER CAMP

WINDERMERE SUMMER DROP-IN CAMP

SPORTS CAMPS

TORRES TENNIS ACADEMY SUMMER CAMP

FORELIFE INC. GOLF SUMMER CAMP

SKILL BUILDING CAMPS

GOO CUTZ BARBER ACADEMY

YOUTH EMPOWERMENT VILLAGE

LAUDERHILL POLICE DEPARTMENT SAFETY
SUMMER CAMP

LAUDERHILL POLICE DEPARTMENT
YOUTH ACADEMY



Lauderhill-fl.gov/rec



**WE CAN'T WAIT
TO SEE YOU
THIS SUMMER!**



CITY OF LAUDERHILL

**Summer Camp
Programs Guide**



CAMP





LAUDERHILL POLICE DEPT. SAFETY TOWN SUMMER CAMP

JUNE 17 - JUNE 21

MONDAY - FRIDAY 9AM - 3PM

AGES 7-12

LOCATION - WEST KEN LARK PARK,
1321 NW 33RD AVE, LAUDERHILL, FL 33311

COST: FREE

PHONE: SERGEANT VINCENT (954) 497-4700

WINDERMERE SUMMER DROP-IN CAMP

JUNE 17 - AUGUST 2

MONDAY- FRIDAY 8AM - 3PM

AGES 5-12

LOCATION - WINDERMERE COMMUNITY CENTER,
1818 NW 54 TER, LAUDERHILL, FL 33311

COST: FREE

PHONE: (954) 714-3238

GOO CUTZ BARBER ACADEMY

JUNE 17 - AUGUST 9

MONDAY - WEDNESDAY 10AM - 2PM

AGES 7-17

LOCATION - WALLY ELFERS HISTORICAL MUSEUM, 1080
NW 47TH AVE, LAUDERHILL, FL 33313

COST: \$100 WEEKLY

PHONE: TRAVIS PARKER (754) 242-5204



Summer Programs

NAILED IT SUMMER CAMP

JUNE 17 - AUGUST 2

WEEKLY CAMP - MONDAY - FRIDAY 8:30AM - 5:30 PM

AGES 7-14

JR. LIFEGUARD CAMP MONDAY - FRIDAY 9AM - 3PM

AGES 15 - 18

LOCATION - VETERAN'S PARK, 7600 NW 50TH ST
LAUDERHILL, FL 33351

COST: \$198.00 WEEKLY

PHONE: (561) 809-7850

LAUDERHILL POLICE DEPT. YOUTH ACADEMY

JUNE 29 - AUGUST 2

MONDAY- FRIDAY 9AM - 3PM

AGES 13-17

LOCATION - WEST KEN LARK PARK,
1321 NW 33RD AVE, LAUDERHILL, FL 33311

COST: FREE

PHONE: SERGEANT VINCENT (954) 497-4700

MARIE A. WELLS ART CAMP

JUNE 11 - AUGUST 8

MONDAY- THURSDAY 8AM - 5:30PM

AGES 5-12

LOCATION - JOHN E. MULLIN PARK, 2000 55TH AVE,
LAUDERHILL, FL 33313

COST: \$125.00 WEEKLY

PHONE: MARIE WELLS (954) 609-8035

SUNSHINE SMILING FACES CAMP

JUNE 12- AUGUST 12

MONDAY- FRIDAY 8AM - 5:30PM

AGES 5-12

LOCATION - ST. GEORGE PARK, 3501 NW 8TH ST,
LAUDERHILL, FL 33311

COST: \$100.00 WEEKLY

PHONE: (305) 731-8824 OR (954) 281-4116

TORRES TENNIS ACADEMY CAMP

JUNE 10 - AUGUST 2

WEEKLY CAMP - MONDAY - FRIDAY

HALF DAY CAMP - 9AM - 11:15AM OR 12:45PM - 3PM

FULL DAY CAMP - 9AM - 3PM

LOCATION - WEST WIND PARK, 4450 NW 82ND AVE,
LAUDERHILL, FL 33351

COST: HALF DAY: \$250 WEEKLY

FULL DAY: \$625 WEEKLY

PHONE: (954) 347-2447

FORELIFE INC. GOLF CAMP

JUNE 17 - JUNE 28

MONDAY - FRIDAY 10AM - 4PM

AGES 4-17

LOCATION - LAUDERHILL GOLF COURSE,
4141 NW 16TH ST, LAUDERHILL, FL 33313

COST: \$100.00 WEEKLY

PHONE: PAULA TUCKER (786) 554-6056

IN HIS HANDS CAMP

JUNE 24- AUGUST 9

MONDAY - THURSDAY 8AM - 6PM

AGES 5-12

LOCATION - SADKIN COMMUNITY CENTER, 1176 NW 42ND
WAY, LAUDERHILL, FL 33313

COST: \$125.00 WEEKLY

PHONE: SHARON RUFFIN (954) 327-1572

YOUTH EMPOWERMENT VILLAGE

JUNE 17 - 29

MONDAY AND THURSDAY 6PM - 8:30 PM

AGES 10 - 17

LOCATION - WALLY ELFERS HISTORICAL MUSEUM, 1080
NW 47TH AVE., LAUDERHILL, FL 33313

FL 33311

COST: FREE

PHONE: JACKIE VERNON (954) 800-3682



Lauderhill Youth Excel STEM Saturdays

Powered by
The National League of Cities and the City of Lauderhill

Find your future in STEM

Third Saturday of the Month | 12pm - 2pm
October 2024 - May 2025

Sadkin Community Center
1176 NW 42nd Way, Lauderhill, FL 33313

The Youth Excel STEM Saturdays program offers many opportunities for Lauderhill students ages 8 – 18 contemplating future careers in healthcare, computers, engineering, aviation, web development, robotics, marine science, and more. These students will get the chance to engage in core STEM workshops, take educational field trips, and gain knowledge from career-oriented specialists.

Open to Ages 8 – 18

To enroll in our 2024/25 program, register at: lauderhill-fl.gov/youthexcel.

❖ Lauderhill Youth Excel

Powered by the National League of Cities and the City of Lauderhill

The Youth Excel program in the City of Lauderhill was crafted to pave a pathway to the exciting world of STEM industries and careers for students residing in the city. This program offers an opportunity for students contemplating future careers in healthcare, computers, engineering, aviation, web development, robotics, marine sciences, and beyond.

Education

- Amazon Web Services Cloud Basics Certificate from Broward College
- Design Thinking For Teens Certificate from Broward College
- Connections with higher education institutions
- Florida Ready to Work Certificate

Exposure

- Mentorship
- Field Trips
- STEM Career Fair
- Mayor's Youth Summit

Experience

Summer internship
Soft skills training



Lauderhill Youth Excel

Powered by
The National League of Cities and the City of Lauderhill



❖ **Lauderhill Golf Course**

❑ **Fore Life Youth Golf**

To give all youth exposed to Fore Life the opportunity to realize their full potential. To assure that Fore Life youth are empowered with decision making skills and are challenged with appropriate experiences that make them less vulnerable to the perils of today's society.

- Empower Youth
- Develop Life Skills
- Build Community Partnerships
- Raise Awareness and Support



20 Youths Registered!



Annual Registration: \$77.25



❖ Aquatics

The Aquatics Division is responsible for all programming, operations, and maintenance at the City's pool facilities. The Aquatic Division ensures proper chemical content, cleanliness, and temperatures are maintained. The Division provides programming such as swim lessons, open swim time, and youth swim team.



❑ TS Aquatics Swim Team

- Ongoing program offered at Veterans Park & John Mullin Park.
- TS Aquatics is a developmental and competitive swim program for ages 5-17, led by trained coaches to improve swimmers competitive skills.
- 368 participants are registered for the TS Aquatics Swim Team.

❑ Swim Lessons

- Offered at John Mullin, Veterans, and Wolk Park
- Ages 3 & Up at Veterans and Wolk Park.
- Ages 6 months & Up at John Mullin Park.
- \$45 Resident - \$75 Non-Resident.
- Veterans Park: April – October
- John Mullin Park: June – August

SPRING BREAK DIY AND JR. LIFEGUARD CAMP

AGES 13-18

MARCH 24 – 28 | 8:30 AM – 4:00 PM
VETERANS PARK - 7600 NW 50TH ST.

Jr. Lifeguard Program sponsored by
GIFT, Broward Sheriff's Office
& Lauderhill PD

- Swimming
- Fun and Games
- Outdoor activities
- Creative Arts and Crafts
- Field Trips and Indoor activities
- Understanding Servant Leadership with Police Explorers

In partnership with the Lauderhill Police Department Explorers Program and United Way of Broward County Project EmPOWER

For more information, please contact 954-572-1462

The City of Lauderhill will provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990. If a special accommodation or alternative format is needed, please call 954-730-3306.



❖ Aquatics (continued)

The Aquatics Division is responsible for all programming, operations, and maintenance at the City’s pool facilities. The Aquatic Division ensures proper chemical content, cleanliness, and temperatures are maintained. The Division provides programming such as swim lessons, open swim time, and youth swim team.



❑ Water Aerobics

- Offered at Veterans Park ages 16 & up
- \$5 Residents – Non-resident \$7
- Tuesdays 10:00am – 11:00pm



✓ **The Aquatics Department was awarded the “Gold” designation for a “Water Smart Community” by the department of health.**



❖ Sports Park

The Lauderhill Sports Park has various duties and responsibilities to ensure smooth operations, safety, and the overall enjoyment of visitors.

❑ Lauderhill Lions Football & Cheerleading

- May – November 2025
- Monday – Friday 6:00 P.M.-9:00 P.M. & Games on Saturday 8:00 A.M.-10:00 P.M.
- **Residents: \$100 – Non-resident: \$125**
- Recreational Football & Cheerleading program is open to ages 5-14 years and competes in the American Youth Football League.

❑ Lauderhill Broncos Football & Cheerleading

- May – November 2025
- Monday – Friday 6:00pm-9:00pm & Games on Saturday 8:00am-10:00pm.
- **Residents \$100 – Non-resident \$125**
- Recreational Football & Cheerleading program is open to ages 5-14 years and competes in the American Youth Football League.

❑ Travel Soccer * Also offered at Veterans Park

- August 2024 – May 2025
- Mondays – Friday 6:00pm-9:00pm & Games Saturday and Sunday 9:00am-4:00pm.
- All participants \$500
- Travel soccer program open to ages 12-19 is a competitive soccer program that travels, plays in three leagues, and plays 50 plus games a season.



The Lauderhill Travel Soccer Program won multiple tournaments, including the Western Cup, Enigma Cup, and achieving a top 10 finish.

Lauderhill Sports Park hosted a variety of sporting events, special events, and activities 44 out of the 52 weeks in fiscal year 2024.

❖ West Ken Lark

❑ Cheetahs Track & Field

- January 2025 – July 2025
- Monday – Thursday 6:00pm-9:00pm & Saturday 7:00am-7:00pm.
- Residents \$100 – Non-resident \$125
- Recreational Football & Cheerleading program is open to ages 5-14 years and competes in the American Youth Football League.

55+ Fitness Walking Program

- Ongoing program with more than 102 members.

Harmony Development After School Program

- Monday-Friday 3pm-6pm
- Currently 8 youth enlisted.

❑ Lauderhill Broncos Football & Cheerleading

- May – November 2025
- Monday – Friday 6:00pm-9:00pm & Games on Saturday 8:00am-10:00pm.
- Residents \$100 – Non-resident \$125
- Recreational Football & Cheerleading program is open to ages 5-14 years and competes in the American Youth Football League.

74 participants are registered for the Developmental Football Training program



❖ Youth Sports

The Youth Sports Division provides opportunities for children to participate in a variety of youth sports, helping them develop important physical, social, and emotional skills while promoting teamwork, discipline, and healthy lifestyles.

2,000+ registered youth participated in various sports, and programs.

300+ youth sports volunteers participated in the City's organized sports programming.

Hosted Lauderhill's Annual Battle on the Hill 7v7 Football tournament which attracted more than 1,500 attendees.

The Lauderhill Cheetahs Track and Field club sent over 40 participants to the AAU Track and Field Competition.

The Lauderhill Broncos 6U Football Team won the Super Bowl Championship.



The City of Lauderhill MLK Taskforce Presents
GLOW
3 on 3 BASKETBALL TOURNAMENT

FRIDAY, JANUARY 31ST, 2025
6:00 PM

ST. GEORGE PARK - 3501 NW 8TH STREET
OPEN TO AGES 7 - 13

TOURNAMENT PARTICIPATION LIMITED TO SOME PARTICIPANTS OF THE CITY'S YOUTH RECREATION BASKETBALL PROGRAM. EVENT OPEN TO SPECTATORS.

For more information, please contact 954-321-2450 or visit www.lauderhill-fl.gov.
@CityofLauderhill

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The City of Lauderhill
Parks and Recreation Department Presents

Register Now!

2024 Season
Mondays thru Thursdays
6:00 PM – 8:00 PM
Saturdays
9:00 AM – 2:00 PM

Veterans Park
7600 NW 50th Street
Lauderhill, FL

Scan to register now



Registration Fees
\$75 Lauderhill Residents
\$100 Non-Residents

NO REFUND AFTER January 22, 2024 & SUBJECT TO \$20 ADMINISTRATION FEE.

YOUTH SOCCER
Ages 5 – 12

For more information or to register visit www.lauderhill-fl.gov/rec.

The City of Lauderhill Parks & Recreation Department Presents

LAUDERHILL FASHION DESIGN PROGRAM



Starting January 28th (10-week program)

Tuesdays & Thursdays
5:00 pm – 7:00 pm

You Will Learn

Introduction to
Entrepreneurship

How to Design a Logo

How to Make a T-Shirt Line

Introduction to Sublimation

**St. George
Community Park**
3501 NW 8th Street



To register scan QR Code or
visit www.lauderhill-fl.gov/rec

Ages 13-18.
Limited spots available.
Residents \$85 | Nonresidents \$100

For more info, contact 954-791-1039



@CityofLauderhill

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DISTRIBUTION DOES NOT IMPLY ENDORSEMENT OR RECOMMENDATION BY BROWARD COUNTY PUBLIC SCHOOLS.

The City of Lauderhill Parks & Recreation Department Presents

Lauderhill Youth Council

And Teen Leader Club



FREE registration to students grades 6-12

EVERY TUESDAY AT 6 PM

(except City holidays & Broward Schools Break Days)

Refreshments will be served between 6pm-6:30pm

LAUDERHILL HISTORICAL MUSEUM - 1080 NW 47TH AVE.

PROGRAM OPPORTUNITIES INCLUDE:

- Lauderhill Commission Shadowing - Financial Success Classes
- Lauderhill Civic and Community Projects - Florida League of Cities
- Jr. Lifeguard Training Sessions - Public Speaking Training
- Youth Council Participation - City Department Operations Tours
- Weekly Community Service Hour Opportunities - Field Trips



**SCAN QR CODE
TO REGISTER**

For more information call 954 714-3238
or visit www.lauderhill-fl.gov



@CityofLauderhill



❖ Veterans Park

❑ Recreation Soccer

- January – May 2025
- Mondays & Wednesdays 6:00pm-9:00pm & Games Saturday 9:00am-4:00pm
- **Residents \$75 – Non-resident \$100**
- Recreational Soccer is open to youth ages 4-13 years that will learn the fundamentals of the sport and compete in 7v7 games.

❑ Youth Baseball Fundamental Training

- March – June 2025
- Tuesdays & Thursdays 6:00pm-8:00pm
- Residents \$100 – Non-resident \$125
- Recreational Baseball Fundamentals training program is open to youth ages 4-14.

❑ Ongoing Programs

- Monday & Wednesday – JUDO
- Monday – In De Fete 6:30pm.
- Wednesday – Move w/ the Mayor – SPIN 7:00pm.
- Tuesday & Saturday – From the Mouth of Babes

↗ 93% growth in the
Lauderhill Recreation
Soccer Program expanding
from 75 to 140 participants.



The City of Lauderhill
Parks and Recreation Department
Presents

JUDO CLUB

AGES 6+

Jiu Jitsu
Grappling • Self Defense

Mondays & Wednesdays
7pm – 9pm

Veterans Park

7600 NW 50th Street, Lauderhill 33351

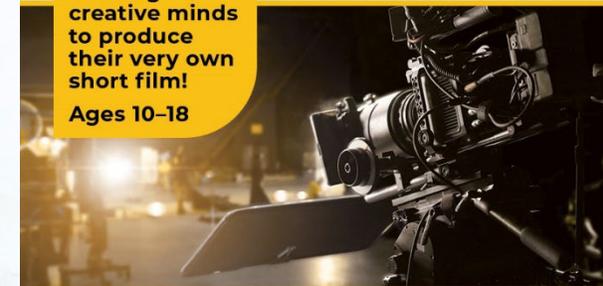
For more information, please call
954-473-9679.



DISTRIBUTION DOES NOT IMPLY ENDORSEMENT OR RECOMMENDATION BY BROWARD COUNTY PUBLIC SCHOOLS.

From the Mouth of Babes FILM & TECHNOLOGY PROGRAM

Seeking
creative minds
to produce
their very own
short film!
Ages 10-18



Registration Required

Every Tuesday & Saturday

Tuesdays 5-8pm | Saturdays 12-4pm
(Second Saturday of the month 1-5pm)

Learn How To:

- Turn an idea into a screenplay
- Turn a screenplay into a movie
- Produce your own movie, and
- Screen your movie for the public!

Register Today!

Veterans Park
7600 NW 50th Street, Lauderhill

For more information, please call 754-235-1447
or visit www.FromTheMouthofBabes.org.



CITY OF LAUDERHILL PARKS & RECREATION DEPARTMENT



FITNESS CLASSES



- Spinning®
- Caribbean Dance • Group Personal Training

Ages 16+ | All Fitness Levels Welcome

MONDAY, TUESDAY, WEDNESDAY
7:00 PM – 8:00 PM

\$5 per class / \$30 per month
(for all advertised regular fitness classes)

VETERANS PARK
7600 NW 50th Street, Lauderhill



Scan the QR Code to see the Fitness Calendar.



For more information, please call 954-572-1459 or visit www.lauderhill-fl.gov

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CITY OF LAUDERHILL PARKS & RECREATION DEPARTMENT



FITNESS CLASSES



- Bootcamp • HIIT Classes • Soca Aerobics
- Yoga/Pilates • Line Dance • Bench Step
- African Dance • Cardio Kickboxing

Ages 16+ | All Fitness Levels Welcome

WEEKDAYS 6:30 PM – 7:30 PM

\$5 per class / \$30 per month
(for all advertised regular fitness classes)

SADKIN COMMUNITY CENTER
1176 NW 42nd Way, Lauderhill

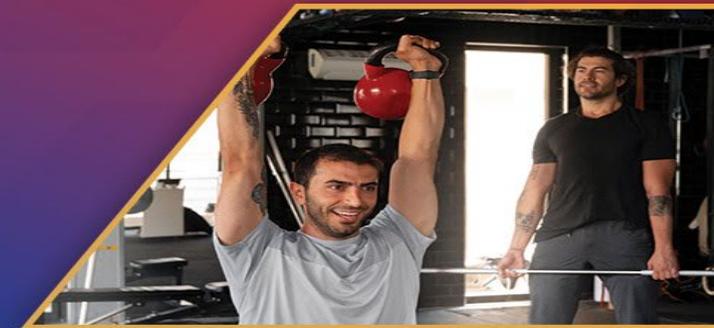


Scan the QR Code to see the Fitness Calendar.



For more information, please call 954-321-2450 or visit www.lauderhill-fl.gov

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❖ Fitness Programs

❑ Spinning

Join the instructors on and off the Spinner® for an engaging and challenging circuit training class, where participants of all fitness levels are welcome.

- Location: Veterans Park
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

❑ Group Personal Training

Personalized fitness experience in a supportive group setting, with tailored workouts designed to help each participant achieve their individual goals.

- Location: Veterans Park
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

❑ Caribbean Dance

An energetic workout that combines fun, rhythmic Caribbean-inspired dance moves with effective fitness routines to improve strength, coordination, and endurance.

- Location: Veterans Park
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

❑ Bootcamp

A fun, high-energy class featuring a variety of upper body, leg strength, and cardio exercises using stations. Suitable for all fitness levels. Join us for Cross Train Saturdays and enjoy some fresh air!

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

❖ Fitness Programs

☐ HIIT Classes

A high-intensity workout that alternates between short bursts of intense exercise and brief recovery periods for maximum calorie burn and improved fitness.

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

☐ SOCA Aerobics

Workout like you're at Carnival! This high-energy cardio dance class, set to vibrant Caribbean beats, offers mixed intensity and is suitable for all fitness levels.

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

☐ Yoga / Pilates

A soothing combination of Yoga and Pilates to improve strength, flexibility, and mindfulness.
Perfect for all fitness levels!

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

☐ Line Dance

A lively and exciting class that combines rhythmic footwork with upbeat music, creating a fun group dance experience.
Perfect for all fitness levels!

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

❖ Fitness Programs

☐ Bench Step

This class targets moderate to high-intensity users, using The Step® benches for stepping movements set to music. The instructor breaks down variations for an effective cardio and leg workout.

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

☐ African Dance

An exciting, heart-pumping class set to powerful live drumming, blending body, mind, and spirit with vibrant African dance rhythms.

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month

☐ Cardio Kickboxing

This martial arts-inspired circuit class alternates between high-intensity cardio and strength segments, focusing on form, balance, and technique. Suitable for all fitness levels, from beginner to advanced.

- Location: Sadkin Center
- Dates: Monday, Tuesday, Wednesday, from 7:00 P.M. - 8:00 p.m.
- Ages: 16+
- Price: \$5 per class / \$30 per month





❖ Senior Programs

Daily activities designed to enrich and engage our senior community. These include Arts & Crafts projects, educational and health seminars, Bingo, travel trips, a Dominoes Club, fitness classes, and many other rewarding and beneficial programs.

- **Zumba Gold/Stretching Classes with Instructor, Dilma Higgins:** every other Thursday from 9:00 A.M. to 10:00 A.M. **(40 seniors registered)**
- **Fitness Classes with Instructor, Mike Masi-** every 2nd Tuesday from 11:00 A.M.- 12:00 P.M. **(40 seniors registered)**
- **Ongoing Senior Center Chair Yoga Classes with Instructor, Daniel Rossy-** every 2nd and 4th Wednesday from 10:00 A.M.-11:00 A.M. **(40 seniors registered)**
- **LOS Fitness Classes** with Instructor, Omar Sherman- every 1st Wednesday from 10:00 A.M.-11:00 A.M. **(40 seniors registered)**

Open to
Seniors

55+

Annual Membership:
\$5 Resident
\$25 Non-Resident

Program Location:
Sadkin Center



❖ Senior Programs {continued}

Daily activities designed to enrich and engage our senior community. These include Arts & Crafts projects, educational and health seminars, Bingo, travel trips, a Dominoes Club, fitness classes, and many other rewarding and beneficial programs.

- **Sewing Class-** every 3rd Wednesday of each month, from 9:30 A.M.-10:30 A.M
- **LifeNet4Families Food Assistance Program-**grocery delivery to the seniors at the Sadkin Center, every 2nd Monday of each month.
- **Group Piano Class** – every other Monday, 10:00 A.M. – 11:00 A.M.
- **Dominoes** – Monday – Thursday, 8:00 A.M. – 12:30 P.M.
- **Tea Time with Seniors** – every 3rd Wednesday, 9:00 A.M. – 10:00 A.M.

Open to
Seniors

55+

Annual Membership:
\$5 Resident
\$25 Non-Resident

Program Location:
Sadkin Center



❖ Senior Programs {continued}

Daily activities designed to enrich and engage our senior community. These include Arts & Crafts projects, educational and health seminars, Bingo, travel trips, a Dominoes Club, fitness classes, and many other rewarding and beneficial programs.

Open to
Seniors

55+

- **55+ Fitness and Walking Program** – every day, weekly mileage logs for seniors. (Free)
- **Silver Sneakers Exercise Class** – every Tuesday and Wednesday, 11:00 A.M. – 12:30 P.M. (Free)
- **Golden Fitness** - every Wednesday, 11:00 A.M. – 12:30 P.M. (Free)
- **Tech Talk** – once a month on Thursday, 11:00 A.M. – 12:00 P.M. (Free)

Program Location:
West Ken Lark

❖ Senior Programs {continued}

Daily activities designed to enrich and engage our senior community. These include Arts & Crafts projects, educational and health seminars, Bingo, travel trips, a Dominoes Club, fitness classes, and many other rewarding and beneficial programs.

Open to
Seniors

55+

☐ Move with the Mayor Fitness

- Location: St. George
- Dates: Monday and Wednesday from 8:00 AM. -9:00 A.M.
- Ages: 55+
- Price: FREE

☐ Chair Yoga

- Location: St. George
- Dates: Every other Thursday, from 9:00 A.M. – 10:00 A.M.
- Ages: 55+
- Price: FREE

Program Location:
St. George Park



